	PÄIVITETTY: Aikataulu Sisuhuipentuma 30.7.2022									
	Juoksut	Korkeus	Seiväs	Pit/3-loikka P1	Pit/3-loikka P2	Kuula	Kiekko	Keihäs	Moukari	
10:00	P 15 300m aj	P 13		T 10 pituus	T 12 pituus	T 11	P 9/10		T 15	10:00
10:05	T 15 300m aj							P 15		10:05
10:15	P 12/13 200m aj									10:15
10:20	T 12 200m aj									10:20
10:25	T 13 200m aj									10:25
10:35	T 9 40 m ae									10:35
10:45		P11								10:45
10:50	P 9 40 m ae									10:50
10:55									T 13	10:55
11:00	P 10 60 m ae									11:00
11:05	T 13 60 m ae									11:05
11:15	T 11 60 m ae									11:15
11:25						T 10		P12/ 13		11:25
11:30	T 12 60m ae									11:30
11:35					T 9 pituus		P 11		T 12	11:35
11:40	P 11 60m lk									11:40
11:50	T 10 60 m ae			T 13 pituus						11:50
12:00	P 12 60 m lk									12:00
12:05	P 13 60m lk	P 9	T10/11							12:05
12:15	T 15 100 m ae									12:15
12:25	P 15 100m lk									12:25
12:45						P 15	T 15			12:45
13:10	T 15 100 m lk	P 10	T12/ 13/15						T 9	13:10
13:20								T 11		13:20
13:35				T 15 pituus						13:35
13:45					T 11 pituus	P 12/13				13:45
14:10	T 13m 60 lk	P 12								14:10
14:15	T 12 60m lk									14:15
14:20	T 11 60m lk						T 12/13	T 9		14:20
14:25	P 10 60m lk									14:25
14:30	T 10 60 m lk								P 10/11	14:30
14:45	T 9 40m lk									14:45
14:50	P 9 40m lk			P 10/11 3-loikka						14:50
15:00					P 12/13 3-loikka					15:00
15:05	P 12 1000m	P 15				P 9				15:05
15:13	P 13 1000m									15:13
15:20	T 12 1000m							T 10		15:20
15:28	T 13 1000m									15:28
15:35	P 11 1000m			P 15 3-loikka						15:35
15:42	P 10 1000m									15:42
15:50	T 11 1000m									15:50
15:58	T 10 1000 m									15:58
16:10	P 15 800m									16:10
16:15	T 15 800m									16:15